NewHealth
CBD WELLNESS

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your personal guide as we de-mystify hemp wellness

5 CBD Myths - Bebunked!

Myth #1

CBD hasn't been scientifically proven to help any health conditions - no research has been done! This assertion is simply not accurate. While the Schedule 1 classification of cannabis in the past made it difficult to do research on CBD, some U.S. universities were given permission and got a head start. Since 2018, hemp has been federally legal and research is on-going. Credible - randomized double-blind CBD studies have been done, and they're available to any journalist or curious individual through PubMedTrustedSource, National Institutes of Health's research archive and similar sources.

Myth #2

CBD is a marketing scam. The wellness industry is one of the largest and fastest growing market segments. There is money to be made and CBD's popularity is proving to be a great way to do that. As a result, CBD is ending up in some places and products where it doesn't belong. But the existence of some unnecessary applications of CBD don't mean every application is unnecessary. CBD may not need to be in all of the products it's in, but that doesn't diminish its legitimate applications. It is helping people feel and live better every day.

Myth #3

"I took CBD for 7 days and nothing happened, so it doesn't work." So many factors play into this assertion. Was the CBD from a reputable brand with independent lab testing reports? Was the user consistent, were they taking an effective dose? Were they monitoring the symptoms they hoped to get relief from? CBD can take varying lengths of time for each unique person to get results. It's important to learn about dosing, manage expectations and choose a trusted source.

Myth #4

CBD is marijuana. CBD is one chemical compound found in both marijuana and hemp plants. The two plants are different mainly in their content of THC - the intoxicating compound. The hemp plant is very low in THC and high in CBD and other cannabinoids, with none of the intoxicating effects. In essence, CBD is legal if it comes from hemp, but not if it comes from marijuana.

Myth #5

The CBD industry is sketchy, which makes CBD sketchy. Excellent, beneficial, therapeutic products are being produced. But CBD is part of the supplements market. The supplement market is not well regulated. In fact, lab tests by Consumer Reports and others have found that many CBD-labeled products sold on the internet and off the shelf have too much, too little or no CBD in them. Aside from Epidiolex, CBD products aren't approved or regulated by the FDA (yet). **Critics are right to highlight quality and consistency issues. Consumers need *education* and should do their research before purchasing CBD.**

5 Things to look for as a Consumer when purchasing CBD

1- Third-party independent lab testing certificate on demand

2- USDA Certified Organically Grown hemp

3- Money-back guarantee

4- Purchase from a *CBD company*, vertically integrated, not a "white label" (this means they have control of the product from soil to seal)

5- Look for CO2 extracted oil with MCT oils as carrier

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